



Beth Johnson
FOUNDATION
looking at ageing in new ways

Active in Age

Falls Prevention Training Programme

The Falls Prevention Training Programme builds on the knowledge and experience gained from the Community Falls Prevention Project successfully piloted in 2004 by the Beth Johnson Foundation.

This programme is accredited with the Open College Network at level two and covers in detail the following learning outcomes:

- The importance of preventing falls.
- Changes taking place in the body as we age.
- Issues surrounding osteoporosis and fractures.
- Working with individuals from different backgrounds
- The value of health promotion

Learners will also be shown the correct use of a falls risk assessment tool that can be used with older adults in various settings.

This 20 hour course will be of particular benefit to those working with older adults in both the health sector/care services and to volunteers with an interest in preventing falls for community group members.

This Falls Prevention Training Programme is made up of units which accrue credits to achieve the Open College Network Certificate, level 2.

Summary of syllabus/course outline.

- The importance of preventing falls
- Changes that take place in the body as we age
- The issues surrounding osteoporosis and fractures
- The correct use of a risk assessment tool
- Working with different people from different backgrounds
- The value of health promotion

At the end of the course, the learner will be able to:

1. Recognise the main benefits of preventing falls
2. identify changes that take place in the body as we age
3. Understand the additional risk factors for falls in older people
4. Recognise how osteoporosis may lead to a fracture
5. Demonstrate the correct use of a risk assessment tool
6. Understand how diet and exercise can help prevent falls
7. Explore ways of promoting health and wellbeing

If you are interested and would like more information on this and other training opportunities please contact:

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